



DUTCH MASTERS OPEN 2013™ INVITATION

TECHNICAL
POOMSAE & FREE STYLE



DUTCH MASTERS OPEN 2013™ THE 25TH OF MAY 2013 TECHNICAL POOMSAE & FREE STYLE

ALL COMPETITION AREAS WILL BE EQUIPED WITH PLASMA SCREENS AND
LATEST WTF TECHNICAL JUDGE SYSTEM

1. ORGANIZATION

- 1.1 Promoter Taekwondo Club Papendrecht, Mr. Rakesh Gajadhar
- 1.2 Supervisor The Dutch Taekwondo Federation
- 1.3 Information
- | | |
|---------------------|---------------------------|
| Tournament Director | : Mr. Rakesh Gajadhar |
| Mobile | : +31 - 6 - 14 12 69 69 |
| E-mail | : rakesh@ma-regonline.com |
| Registration | : www.ma-regonline.com |
- 1.4 Poomsae Director Mr. Mustapha Moutarazak
E-mail: m.moutarazak@hotmail.com

2. PLACE AND DATE

- 2.1 Sports Centre Topsportcentrum Rotterdam
- 2.2 Place Rotterdam
Van Zandvlietplein 20
3077 AA Rotterdam
+31 10 4971200
- 2.3 Date 25th of May 2013

3. TIME TABLE

Friday – 24th of May Registration at Topsportcentrum Rotterdam
18:00 – 19:00 hrs (local time) for all competitors
Changes of classes are allowed costing € 10,00 (Euro) or \$ 7,50 (US Dollars).

Saturday 25th of May 07.00 - 08.00: registration for C & B classes (no changes)
09.00 - 09.00: start tournament
11.00 - 12.00: registration for A-classes (no changes)
12.30 - 14.00: Finals C & B classes
14.00 - 18.00: Restart tournament
18.00 - 19.00: Finals A classes

NOTE: Times and competition mode are subject to change.



4. CONTESTANT

- 4.1 Membership** Participants must be a member of a National Taekwondo Federation, affiliated to the WTF. This membership must be proved by means of a valid federal certificate of membership at the registration.
- 4.2 Graduation** Dangrades: 1st Dan/Poom and higher.
B –Cat.: 6th Geup until 1st Geup
C –Cat: 10th Geup until 7th Geup
- 4.3 Age** The age categories are based on the year of birth. For example, if a competitor is 17 years old on the competition date and will be 18 in that year, he/she will participate in the division 18 until 29 years.

5. CLASSES A-CLASS

All compulsory Poomsae for the 1st, 2nd and final round for A-Categories will be announced 3 day before the competition on the website: www.ma-regonline.com

1st and 2nd round: 1 Taegeuk/Poomsae (Compulsory Poomsae table).

3rd round (finals): 2 Taegeuk/Poomsae (Compulsory Poomsae table).

(only finale) 2 Taegeuk/Poomsae with 1 minute pause. For each Taegeuk/Poomsae 2 points will be given (each Taegeuk/Poomsae is judged separately and the points will be announced immediately after the Taegeuk/Poomsae).

TABLE INDIVIDUAL CLASS A

Division	Table A-class from 1st Dan/Poom and higher 1st and 2nd Compulsory Poomsae
until 10 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
11 - 13 year	
14 – 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
18 - 29 year	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
30 - 39 year	
40 - 49 year	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Cheonkwon
50 - 59 year	Koryo, Keumgang, Taeback, Pyongwon Shipjin, Jitae, Chonkwon, Hansu
plus 60 year	

TABLE PAIR (1 MALE AND 1 FEMALE) & TEAMS (3 MALE OR 3 FEMALE) A-CLASS

Pair division	Table A-class from 1st Dan/Poom and higher 1st and 2nd Compulsory Poomsae
until 14 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo,
15 – 29 year	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
plus 30 year	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Cheonkwon

Team division	Table A-class from 1st Dan/Poom and higher 1st and 2nd Compulsory Poomsae
until 14 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
15 – 29 year	Taegeuk 6, 7, 8 Jang, Koryo Keumgang, Taeback, Pyongwon, Shipjin
plus 30 year	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Cheonkwon

B-Class

NOTE: (6th until 1st Geup) must 4 totally different taegeuks
It is not possible to change taegeuks during the registration

1st and 2nd round: 1 Taegeuk/Poomsae (Compulsory Poomsae table).
3rd round (finals): 2 Taegeuk/Poomsae (Compulsory Poomsae table).

(only finale) 2 Taegeuk/Poomsae with 1 minute pause. For each Taegeuk/
Poomsae 2 points will be given (each Taegeuk/Poomsae is judged separately and
the points will be announced immediately after the Taegeuk/Poomsae.

TABLE INDIVIDUAL CLASS B

Division	Table B-class from 6th geup until 1st geup 1st en 2nd compulsory Poomsae
Until 7 year	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 jang
8 - 10 year	
11 - 14 year	
15 - 17 year	
18 - 29 year	
30 - 39 year	
40 - 49 year	
50 - 59 year	
plus 60 year	

TABLE PAIR & TEAMS B- CLASS

Pair division:	Table B-class from 6nd geup until 1st geup 1ste en 2de verplichte Poomsae
Until 14 year	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 jang
15 - 29 year	
+30 year	
Team division:	
Until 14 year	
15 - 29 year	
plus 30 year	

C-CLASS

NOTE: (10th until 7th Geup) from the first round is allowed to perform the same basic technique or taegeuks,
see table.

TABLE INDIVIDUAL CLASS C

Division	Tabel C- class from 10e geup until 7th geup
Until 7 year	Basic technics (3 steps front and back) Or Taegeuk: 1, 2, 3 jang
8 - 10 year	
11 - 14 year	
15 - 17 year	
18 - 29 year	
30 - 39 year	
40 - 49 year	
50 - 59 year	
plus 60 year	

TABEL PAIR & TEAMS C- CLASS

Pair division:	Tabel C- class from 10e geup until 7th geup Basic technics (3 steps front and back) Or Taeguek: 1, 2, 3 jang
Until 14 year	
15 – 29 year	
plus 30 year	
Team division:	
Until 14 year	
15 – 29 year	
plus 30 year	

7. FREE STYLE

WTF Poomsae Free Style Competition Guideline A-Class Categories

The Free Style competition will be started for only Dan/Poom degrees,
age: plus 15 year.

Below an overview of the rules which should be followed:

1. COMPOSITION OF FREE STYLE POOMSAE

- 1.1. Number of Poom: Each performance shall be composed of 20 to 24 poom
(Composition of 1 poom shall be no more than 5 motions.)
- 1.2. Music & choreography shall be the choice of the contestant.
However, it should not contain any political, social and religious contents.
- 1.3. Performed techniques must be within boundary of taekwondo.

2. DIVISION (AGE: PLUS 15 YEAR)

- 2.1. Individual (1): Male / Female.
- 2.2. Pair (2).
- 2.3. Mixed team (5): composition of 5 members including
more than 2 males and females.

3. DURATION OF CONTEST

- 3.1. Individual, Pair and Team competition from 60 second to 70 second.
(less than 60 or more than 70 second -0,1 deduction on every 5 second.)

4. SCORING CRITERIA

- 4.1. Scoring shall be made in accordance with the rules of the WTF.
- 4.2. The types of foot techniques designated by WTF Poomsae Committee are as follows:
 - 4.2.1. Heights of jump – Jumping side-kick
(in case of pair and team division, entire team members must perform this technique).
 - 4.2.2. Number of kicks in a jump – Jumping front-kick
(at least one member of the team must perform this technique).
 - 4.2.3. Gradient of spins in a spin lick – Spinning hook-kick or turning kick
(at least one member of the team must perform this technique).
 - 4.2.4. Number of consecutive kicks – Kyorugi style kick
(at least one member of the team must perform this technique)
*3-5 bouncing steps in a spot is mandatory before execute the kyorugi style kicks.
(exceeded bouncing of 6-8 -1 and over 8 -0,3 deduction)
 - 4.2.5. Acrobatic action – Any acrobatic action performance with taekwondo kick.
(at least one member of the team must perform this technique).
- 4.3. Each foot technique shall be less than 3 step run-up.
(exceeded each step run-up -0,1 deduction point).
- 4.4. One of the following stances must be included in de performance at least once:
 - Dwitkubi-seogi
 - Beom-seogi
 - Hakdari-seogi

8. COMPETITION RULES

Competition Rules	TBN / WTF competition rules
Forms	Taegeuk and higher WTF / Kukkiwon poomsae
Mode	1) Athletes shall be allowed to compete in more divisions: Individual Division (1), Team Division (3), Pair Division (2). 2) Cut off system: 1st round: all competitors (+20 competitors) 2nd round: at least 50% of the competitors (9-19) (including participants with equal scores) (possibility for extra rounds in case of equal scores to qualify for the finals) 3rd round: maximum of 8 competitors (highest scores) can qualify for this round. 4th round: after equal score: between 1 – 2 – 3 – 4 ranking 3) B- class cat (6th until 1st Geup): must give four different Taegeuks C- class cat (10th until 7th Geup) may use times the same Taegeuk. 4) Single elimination system or Round robin system for C- class categories: Red and blue card or hand. This means that there are three referees. two participants on the field. Each participant wears a ribbon colored red or blue. And hoisted card or hand which more is the winner.
Awards	To all winners of 1st, 2nd and 3rd place.
Hall Rules	Only the competitors and their coaches have admittance with their registration cards to the contest areas. 2 coaches per team/club have free admission. A head of team is granted free admission only for national teams.
Protest	Must be made by the official coach within 10 minutes of the end of the contest to the Poomsae Referee Director. Protest fee is €100.
Liability	All competitors participate at their own risk. The organizers committee shall not accept responsibility for any damages, injuries or losses sustained or incurred.

9. ENTRY

9.1	Deadline	Friday the 17th of May
9.2	Registration Online	Only by registration true: www.ma-regonline.com Simultaneously with the application forms admission must be paid in advance in Euro's by transaction on ABN/AMRO Account number: 43.34.76.435 IBAN: NL73ABNA0433476435 BIC: ABNANL2A Taekwondo Club Papendrecht under registration for: Dutch Masters Open 2013
9.3	Admission fees	Individual € 25,00 (euro) per competitor. Pairs € 30,00 (euro) per pair. Team € 45,00 (euro) per team. Freestyle € 25,00 (euro) per competitor. No restitution's will be made.
9.4	Modifications	online using www.ma-regonline.com
9.5	Spectators	€ 6,00 (Euro) - \$ 7,50 (US Dollars)

